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Tragedy in Harlem

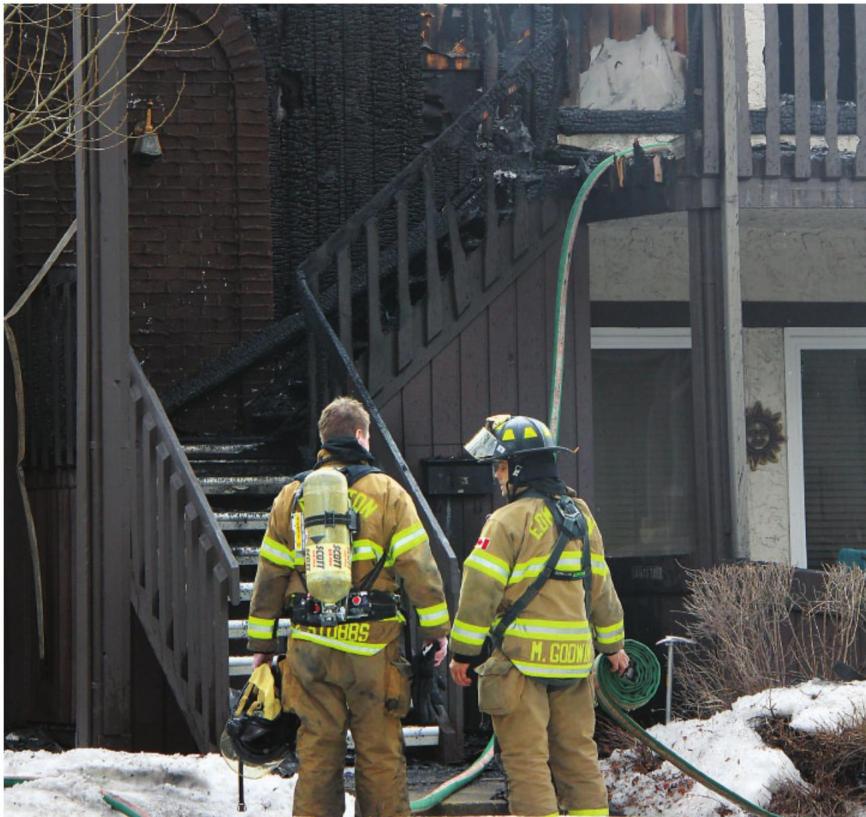
Residents gripped by panic as explosion caused by gas leak levels two buildings, kills at least three people **PAGE 10**

Bringing the students closer

MacEwan University announces plans to consolidate its campuses into one main downtown hub **PAGE 4**

NO BLURRED VISION HERE

SURE, LIKE THE SONG GOES, SHE'S THE 'HOTTEST B—CH IN THIS PLACE,' BUT MUSIC VIDEO MODEL EMILY RATAJKOWSKI ALSO HAS HER MIND SET ON A SERIOUS ACTING CAREER **PAGE 25**



\$1.5M IN FIRE DAMAGE

Fire officials estimate damage from a west-end fire at the Surrey Gardens condo complex is about \$1.5 million, after eight suites were damaged by the fire. Story, page 4. STEPHANIE DUBOIS/METRO

Redford pays back \$45K for South Africa trip

Party unrest. MLAs put pressure on Redford to repay, sources say

Facing a potential Tory caucus revolt, Premier Alison Redford announced Wednesday she has repaid the \$45,000 cost of her South Africa trip.

The premier had been under increasing public and political pressure to reimburse the province for the expense.

"This afternoon I've informed my caucus, my cabinet and my party that I've personally paid for the costs associated with the recent South Africa trip," Redford said in a hastily called news conference in which she declined to take questions.

"I want to sincerely apologize to Albertans for these costs. And I've put in place measures to make sure that this never happens again."

A government MLA, speaking on the condition of anonymity, told Metro there were between 15 and 20 members of the caucus prepared to sit as independents over the issue and other concerns with Redford's leadership.

"It was a rather large group," the MLA said.

The MLA said they had received Redford's statement shortly before the premier read it to the press and they were still trying to digest if it was enough to restore confidence.

"It's really tough to say, for me it's not just something that changes right way," he said.

Premier Redford said the

government needed to push past the issue.

"As we've seen over the past couple of weeks, this issue has been a distraction from the important work that Albertans elected us to do."

Redford filed \$45,000 in expenses, which included \$15,000 for taking the government plane to Ottawa in order to catch the Harper flight, plus first-class air tickets to and from South Africa for her aide, Brad Stables, who was not allowed on Harper's plane.

Wildrose Leader Danielle Smith gave Redford credit for doing the right thing.

"She has apologized and we accept her apology," Smith said in a statement. "I think all Albertans will be relieved that we can put this issue behind us."

RYAN TUMILY/METRO
WITH FILES FROM THE CANADIAN PRESS

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2013

City in the black, but facing rising debt levels

Edmonton ended 2013 on a financial high note, but the city is also moving further into debt.

With a mix of lower-than-expect staffing costs and \$11.2 million in higher-than-expected revenue from photo radar, offset by higher costs for snow clearing, the city ended the year \$9.2 million in the black.

The city did end the year with \$2.4 billion in debt, which is expected to continue to rise to \$3.3 billion by 2016.

Mayor Don Iveson said the debt numbers are not surprising and he feels good about the way the city has used its debt.

"I think we have used debt very responsibly with low interest rates at a low cost to build infrastructure for the city," he said.

He does concede, however, that the city's debt load will make it hard to do any large infrastructure projects in the near future.

"We are not going to be able to borrow to build five more recreation centres — that was kind of a one-time thing," he said.

Coun. Michael Oshry said he has been impressed, but he hopes the city takes a closer look at staffing costs to continue watching the budget.

"There is always room for improvement," he said. "We have got to sometimes push the envelope in this area and in other areas of the city."

RYAN TUMILTY/METRO



Edmonton police cordoned off a parking lot in west Edmonton Wednesday morning following a suspicious death. LEAH GERMAIN/METRO

Police seek leads in stabbing death

Crime. 34-year-old man died in hospital after hotel altercation



LEAH GERMAIN

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Edmonton homicide detectives were on scene Wednesday morning at a west-end Super 8 Hotel after a 34-year-old man was found with several stab wounds to his body.

The victim — whose iden-

tity hasn't been released — died in an Edmonton hospital. Staff Sgt. Barry Maron told media.

Police were called to the 168 Street and 118 Avenue location where they found the man inside the lobby of the hotel.

Investigators have revealed an altercation took place in the parking lot of the hotel between two men just after 2 a.m., leading to the victim being stabbed.

The victim was able to make his way into the lobby and was treated on scene with

Call in with tips

- If determined to be a murder, it would be Edmonton's sixth homicide of 2014.
- Police are asking anyone with information to call 780-423-4567 or #377 from a mobile phone.

aggressive CPR.

"We're currently looking for witnesses who may have been around, or heard

something or seen something last night around that time," Maron said. "We're actively looking for suspects; however, I don't have any information on any suspects at this time."

While EPS is calling the incident a suspicious death, homicide officers, who had the hotel lobby cordoned off early Wednesday, expanded the area of investigation to include the parking lot shortly after 8 a.m.

The victim is not believed to be from Edmonton.

An autopsy has been scheduled for Thursday morning to determine the cause of death.

Driver accused of endangering kids in speeding vehicle



Sgt. David Green says speeders are a huge problem in Edmonton.

LEAH GERMAIN/METRO

Charges have been upgraded for a high flyer clocked by Edmonton police travelling at more than 50 kilometres over the posted speed limit after three children were found in the car.

At about 9:15 p.m. on Feb. 26, Edmonton police responded to complaints of a Toyota Supra travelling upwards of 180 km/hour on the Whitemud.

As officers attempted to pull the vehicle over, the EPS Specialized Traffic Apprehension Team was called in and the vehicle was halted

at 149 Street, north of 84 Avenue.

Inside the vehicle, along with a 31-year-old driver, police say they discovered three children, aged three, five and eight, with the three-year-old being the only one properly secured.

"When we have kids not secured properly in a vehicle, they are a projectile," said Sgt. David Green Wednesday.

Green said a driver's choice to drive at excessive speeds with children in the car is more than a lapse in

judgment.

"These are decisions that are so awful for the well-being of a child that it's been criminally recognized as a bad decision."

Originally charged with careless driving and possessing an obscured licence plate, the Crown prosecutor has upgraded the 31-year-old man's charges.

He now faces dangerous operation of a motor vehicle and three counts of causing a child to be in need of intervention.

LEAH GERMAIN/METRO

1
NEWS

Engulfed by flames. Eight suites damaged from west-end blaze

It was around 12:30 p.m. Wednesday that Surrey Gardens resident Sonny Dismore came out of his condo, only to see his neighbour's condos fully engulfed in flames.

"I looked and thought, 'Oh my God, we're all done for,'" Dismore said.

Firefighters were called to the condo complex at 178 Street and 69 Avenue at around 12:40 p.m. Wednesday and evacuated 72 units.

Fire officials estimate damage to be about \$1.5 million, with eight units at the Surrey Gardens two-storey condo complex damaged.

"When we arrived, we had two units on the north side fully engulfed," said deputy fire chief Barry Lamb. "Crews did a really good job in saving the buildings."

Driver Amanda Wall was passing by the area and spotted black smoke. Within minutes, she said "the whole place was



Firefighters got a blaze at the Surrey Gardens condo complex under control in two hours on Wednesday. STEPHANIE DUBOIS/METRO

engulfed" as she waited for firefighters to arrive.

No serious injuries were reported. STEPHANIE DUBOIS/METRO

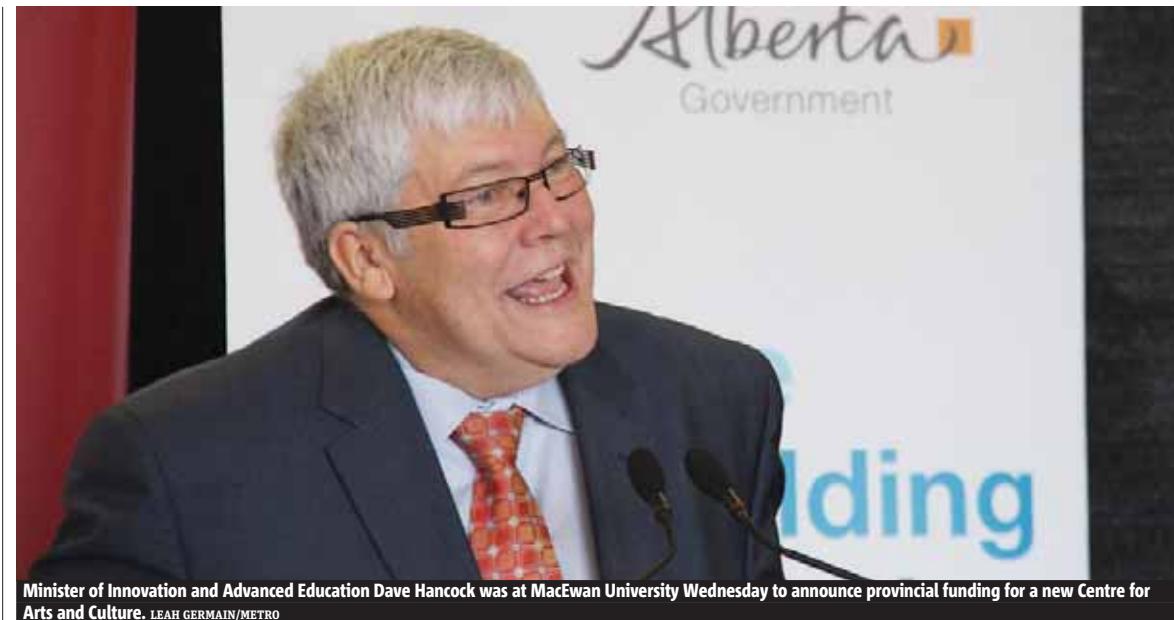
Narcotics pipeline? Drugs seized from alleged Sask. supplier in Edmonton

Edmonton RCMP, along with other police units, seized drugs and cash last Friday after a raid at an Edmonton home believed to be part of a narcotics pipeline to Saskatchewan.

Officers seized over 12 pounds of marijuana, 1,000 millilitres of GHB, a small quantity of MDMA, several containers of various steroids, approximately 3/4 pound of ketamine and a quantity of cash, according to a media release sent Wednesday.

The investigation started on March 5 in Kindersley, Sask., following a vehicle stop where individuals were arrested in possession of over a kilogram of cocaine, several ounces of methamphetamine, ketamine as well as 11 pounds of marijuana, police said.

As a result of the Edmonton search, RCMP officers charged Jeremy Wong, 29, with several drug-related charges. He's scheduled to appear in Edmonton provincial court on March 24. METRO



Minister of Innovation and Advanced Education Dave Hancock was at MacEwan University Wednesday to announce provincial funding for a new Centre for Arts and Culture. LEAH GERMAIN/METRO

New campus set to unite students

Centre for Arts and Culture. MacEwan programs consolidated to one central campus



LEAH GERMAIN

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MacEwan University's students will no longer be sprawled across the city, as the school announced plans to consolidate its campuses into one main downtown hub.

The province announced funding Wednesday for the

\$153-million project, merging MacEwan's Mill Woods and West End campuses to a new location on 104th Avenue.

Cameron McCoy, student association president, said the new Centre for Arts and Culture will bring a new and different culture to the campus.

"I think it's one we've all been looking forward to," he said. "The idea that you can just experience arts, right here on your campus."

With a \$30-million funding commitment from the province over three years, the university will be funding the remaining \$123 million for the project using funds raised

In numbers

\$153M

Cost of new arts centre

by the sale of the Mill Woods and West End campuses, parking revenue, retail leasing agreements and private fundraising.

Minister of Innovation and Advanced Education Dave Hancock said the new centre will solve a number of current concerns at the university.

"This project takes two buildings out of the deferred maintenance category," Han-

cock said. "It creates a new and exciting space and an expansion of space to grow into — a space for more students."

The five-storey building will offer new space for upwards of 17,000 students.

Slated to begin construction this September, MacEwan is planning on opening the new building in 2017.

"That this will enhance the art district in Edmonton goes without saying," said MacEwan president David Atkinson. "And with the other major building projects along 104th Avenue, it will contribute to an important transformation of downtown Edmonton."

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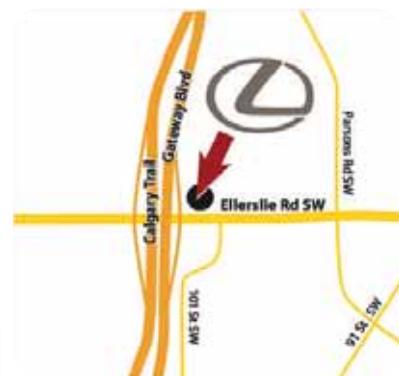
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'It creates lots of jobs.' Province moves ahead with liquor warehouse

 RYAN TUMILTY
ryan.tumilty@metronews.ca

The provincial government is moving ahead with plans for a new liquor warehouse in St. Albert.

The provincial cabinet signed off on a \$16.2-million land purchase just north of the Anthony Henday on the east side of St. Albert last week, giving the Alberta Gaming and Liquor Commission (AGLC) the approval to move forward.

A spokesperson for the commission said they will now be looking at tendering the construction of the building, which combined with the land purchase will give them a total cost.

"There will be a competitive process and the final cost will now obviously be based on what we are able to get through the competitive bidding process," said spokesperson Jody Korchinski.

Registered products
33,000

The AGLC has 33,000 registered products, with 19,000 of them available at any given time.

ski.

The AGLC will keep its current warehouse, which is nearby, but needs the additional space to keep up with demand.

A private company runs the warehouse, but Korchinski said the province got a third-party auditor to look at the system, who determined it made sense to have the commission own the building.

St. Albert Coun. Tim Osborne said the city was glad to hear the AGLC would be expanding in St. Albert.

"It's good because it creates lots of jobs and it is also going to bring in some revenue as well."

Edmonton book club turns to social media

#yegBookClub.
Participants use specific hashtag to engage one another

 STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Bookworms in the city are turning the page on traditional book clubs by only using social media to talk books each month.

Instead of meeting at a coffeeshop or at a local library, members of the #yegBookClub are turning to Twitter to discuss books using their specific hashtag

Quoted

"The beauty of Twitter is everybody can access it."

#yegBookClub creator Kristen Finlay



Wanda Metz @Wanda_Em · Mar 10

#yegbookclub I was angry that the Evelyn cheated.

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Deborah Merriam @DebMerriam · Mar 10

Did early-1990s time period also make corruption believable? (How different would #ComeBarbarians have been w/ cell phones!) #yegbookclub

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Todd Babiak @babiak · Mar 10

@staceybrotzel in book 2 Kruse stays in France to be near Annette and Anouk. He's forced into a violent job, to keep them safe. #yegBookClub

[View conversation](#)

Some Edmontonians have started a Twitter book club to get people talking books, without leaving their own homes. TWITTER

name to engage in the conversation.

"Even if you haven't read the book or all the book, if you want to follow the discussion, it's a neat way to have the community follow," said creator and former teacher Kristen Finlay.

Finlay, who was part of a

bookclub before, said one of the hardest parts of a club is getting to meetings but that the new club gets rid of that problem.

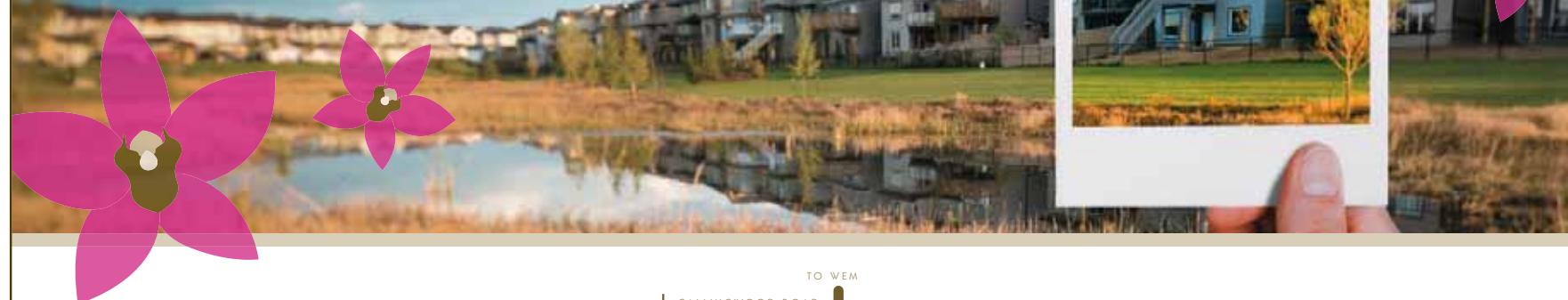
"The beauty of Twitter is everybody can access it," she said.

The group held their first meeting Monday night, dis-

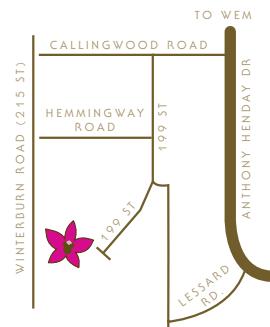
cussing local author Todd Babiak's book Come Barbarians, with plans to keep to local authors for as long as possible, said the club creator.

Participants were also asked to tag the local author on Twitter as well to receive feedback.

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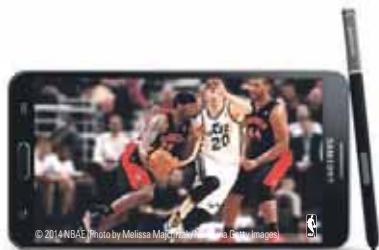
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Edmonton makes top 10

St. Albert voted top place to live in Canada

St. Albert was voted the top place to live in Canada, according to a Canadian personal finance and lifestyle magazine.

The publication, MoneySense, reviewed 201 communities across the country, and based their

decision on a variety of factors, including unemployment rates, taxes, income and home prices.

The magazine also considered other key factors that contributed to the community's livability, such as weather, access to health care and crime.

Edmonton ranked eighth overall, according to the magazine.

METRO

Preach, son

Grade 6 class sends letter critical of rude politicians

A Grade 6 class has taken Alberta's top politicians to task for childish behaviour.

Innisfail Middle School has sent a letter to the legislature saying students will no longer attend question period after watching displays of rudeness, name-calling.

THE CANADIAN PRESS
and offensive language. The school says all parties are at fault, but kids were particularly appalled at two of the premier's cabinet ministers. It says the kids' jaws dropped when Minister Doug Griffiths mocked the Opposition Wildrose for its "ability to suck and blow." And the students said Minister Thomas Lukaszuk made a gesture to challenge the Wildrose party to a fistfight.



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CBC



Three-month-old triplets Mason, Luke and Thomas all suffer from the same rare eye cancer. **CONTRIBUTED**

Father's gaze helps diagnose triplets

Eye cancer. Three-month old siblings share disease seen in only about 20 cases a year in Canada

Their birth was unlikely, and their lives are even more so.

Barely three months old, identical triplets Thomas, Mason and Luke Low all suffer from the same form of rare eye cancer, an unprecedented medical case that will affect the boys and their parents, Richard and Leslie, for the rest of their lives.

One triplet, Thomas, has already lost an eye, and one of Mason's may also need to be removed.

"I think the reality of all of it hasn't fully set in," Richard said Tuesday. "We're just kind of taking it a day at a time."

The Low family lives in Edmonton but the triplets are receiving treatment at the Hospital for Sick Children in Toronto. It's been a whirlwind of doctors and tests since Richard, a medical resident, first noticed something unusual in one of his sons' eyes about two weeks ago.

"Mason's pupil was irregu-

larly shaped. Kind of looked like a teardrop instead of a circle," he said.

Within days, all three were diagnosed with retinoblastoma, a rare, aggressive cancer that causes tumours to develop in the eyes as they mature. Once their eyes are fully grown, the triplets will still be susceptible to more tumours than average elsewhere in their bodies.

"It's something they'll always have to be aware of," said Richard.

It turns out that Richard's background may have helped save his sons. "When I was looking in his eyes, Mason's eyes, I think a lot of people would have thought, oh he's an infant, that's pretty normal. And I thought, why?" he said.

"It was just a lot more curious to me, and that's what made me investigate."

It turned out the pupil's shape had nothing to do with the cancer — but without that subsequent visit to the doctor, who knows when the triplets' diagnosis would have been made.

"We were really lucky," said Richard, noting the early catch means his sons should survive.

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Explosion levels two buildings in New York

Hell up in Harlem.

At least three dead, many others injured after gas leak triggers massive blast

Three people have died after a gas leak caused an explosion Wednesday morning, collapsing two Manhattan buildings, officials said. More than 60 people were injured and at least nine individuals are still missing.

Hunter College identified one of the people killed in the blast as Griselda Camacho, a security officer who worked at the Silberman School of Social Work building. Hunter, in a statement on its website, said Camacho, 45, had worked for the college since

2008.

Another of the people who died was Carmen Tanco, 67, a dental hygienist. Her cousin News 12 cameraman Angel Vargas said when she didn't show up for work Wednesday the family started a frantic search.

The identity of the third victim wasn't immediately disclosed.

Mayor Bill de Blasio arrived at the scene in the early afternoon and thanked the first responders, describing it as an incredibly fast response while cautioning that the situation was still developing.

"This is a tragedy of the worst kind because we had no indication so that we could save people," de Blasio said.

New York City fire Commissioner Sal Cassano told re-



New York firefighters respond to a five-alarm fire and building collapse in the Harlem neighbourhood of New York City on Wednesday. ANDREW BURTON/GETTY IMAGES

porters that the building was in a "precarious position," and firefighters would con-

centrate on extinguishing the blaze before removing debris to make sure no other people

were under the rubble.

METRO WORLD NEWS IN NEW YORK, WITH FILES FROM THE CANADIAN PRESS

Hitting home

New Yorkers hear echoes of Sept. 11 in Harlem blast

Since a pair of apartment buildings exploded in East Harlem Wednesday morning, everyone Metro New York reporter Anna Sanders has talked to has said it's brought up a lot of their fears related to Sept. 11, 2001.

Sanders said the explosion wasn't related to terrorism, but before people knew that, there was chaos in the area. "People were running, crying," she said. "There was smoke everywhere and no one knew what was happening."

"As you can imagine, any time this happens in New York City, people think back to 9/11," she said. "At least two people's lives were lost and that's tragic in and of itself. This isn't the scale of 9/11, but it obviously hits home in the city because of Sept. 11." JESSICA SMITH CROSS/METRO IN TORONTO

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12 years a mission: Kabul's Maple Leaf down for good

Bound for home.

Troops wrap up Afghan duty, Canada's longest-ever campaign

As the Canadian flag inched its way down the pole Wednesday at NATO headquarters in Kabul, Master Cpl. Jordan Taylor didn't necessarily see the red and white Maple Leaf.

The faces of friends who didn't come home were before his eyes.

"I see their faces all the time, always remember them. So, that's what I was reflecting on," said Taylor, who helped haul down the flag on Canada's longest-ever military mission.

The wounds this country has inflicted were on quiet, subtle display at the understated ceremony before the headquarters building.

Sprinkled through a crowd of three dozen Canadians who stood at attention were troops who'd returned to Afghanistan three, four, even five times in the dozen years the army has been involved in trying to stabilize the fractured nation.

During the ceremony, dignitaries, Canadian and allied alike, praised the country's involvement and sacrifices.

The country's top military commander, Gen. Tom Lawson, spoke about how the government will rally around its veterans now that they're home.

The war cost the lives of 158 soldiers, one diplomat, one journalist and two civilian contractors.

Canadian commandos, were the first troops to hit the ground in late 2001 and they were followed by as many as 40,000 more rotating, including the five-year combat mission in Kandahar. **THE CANADIAN PRESS**



The army takes down the Canadian flag for the last time in Afghanistan on Wednesday, bringing an end to 12 years of military involvement in a campaign that cost the lives of 158 soldiers. **MURRAY BREWSTER/THE CANADIAN PRESS**

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Independent Quebec will keep using loonie: Marois



Quebec Premier Pauline Marois, left, listens to treasury board chair Stéphane Bédard, Wednesday in Quebec City. CLEMENT ALLARD/THE CANADIAN PRESS

Currency discussion hypothetical for now.

Recent polls suggest support for sovereignty in the province barely reaches 40 per cent

An independent Quebec would keep using the Canadian dollar and ask for a seat at the Bank of Canada, Parti Québécois Leader Pauline Marois said Wednesday.

Marois told reporters at a campaign stop that Canada would benefit from having a sovereign Quebec maintain its ties to the loonie and the central bank.

However, the leader of the province's independence movement acknowledged there would be no guarantees on how much influence a Quebec country would have with the Bank of Canada.

"We could wish to have a

seat at the Bank of Canada, but we accept the fact it is the bank's monetary policy that would apply," Marois said as she campaigned for the April 7 election.

Marois' remarks reiterated the PQ's long-held position that Quebec would continue to use the Canadian currency if it secedes. She pointed out that European countries share the euro even though they are independent.

Marois tried to make the case for an independent Quebec to remain on the central bank's governing council, arguing it would benefit Canada because her province has a large economy.

"We have an economy that is a rich one," said Marois.

"We have a lot of consumers. We have a lot of business organizations on our territory and I think it is important to have a place at this level (the Bank of Canada). But if it is not the case, we will see."

THE CANADIAN PRESS

Toronto's mayoral race. Olivia Chow resigns as MP in bid to unseat Ford

Olivia Chow resigned her seat in Parliament Wednesday to launch her bid to replace Rob Ford as mayor of the country's largest city, filing her nomination papers hours after her resignation.

She is expected to hold her campaign kickoff Thursday in the Toronto neighbourhood of St. James Town, where she grew up. Her campaign is expected to stress her personal story, growing up as the daughter of struggling immigrant parents. THE CANADIAN PRESS



Olivia Chow
TORSTAR NEWS SERVICE

It's a girl, a girl and a girl

Triple fun for Saskatoon parents

The odds say there's about a million-to-one chance of it happening. Teri-Lynn and Andrew Pocha of Saskatoon have become the shocked but proud parents of identical triplet girls.

Aubrey, Madeline and Sophie came into the world Monday at Saskatoon's Royal University Hospital. All are around four pounds.

The babies have blue eyes and light-brown hair, and the parents say they will paint their toenails different colours to tell them apart. THE CANADIAN PRESS

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Top editor at Russian online news site axed

Galina Timchenko.

Fired by the site's billionaire owner after official complaints over Ukraine coverage

The owner of a leading independent Russian news website has fired its chief editor following official complaints over the outlet's coverage of Ukraine.

Lenta.ru says Alexander Mamut, who also owns several other media outlets, dismissed Galina Timchenko on Wednesday. She will be replaced by the former editor of a staunchly pro-Kremlin website. The Lenta.ru editorial team said in a statement that Timchenko's removal

'Extremist material'

The website had received a warning from a state communications regulator over an interview with radical Ukrainian nationalist Andriy Tarasenko, who had engaged in anti-government protests. The regulator said the website breached a law banning dissemination of extremist material.

marked a further decline in media freedom. "The firing of an independent chief editor and the appointment of a malleable person — this is a violation of the law on mass media, which rules out any censorship," said a statement by workers.

THE ASSOCIATED PRESS



Marching for Berkin Elvan

A demonstrator strikes a defiant pose in Istanbul, Turkey, Wednesday as riot police use water cannons and tear gas to disperse thousands of people marching for Berkin Elvan, a Turkish teenager who died after remaining in a coma since being hit in the head by a tear-gas canister fired during summer protests in Turkey. EMRAH GUREL/THE ASSOCIATED PRESS

Harsh snowstorm hits Kashmir

Unusually heavy snowfall has unleashed avalanches and collapsed homes in the Himalayan region of Kashmir, killing at least 14 people on both sides of the de-facto border between India and Pakistan, officials said.

Ten died in the Indian-controlled portion of the territory, police said, while Pakistan's military reported

another four dead in an avalanche on that side of the border.

On the Indian side, dozens were evacuated from high-risk areas Wednesday, after avalanches killed two Indian army soldiers camped in the Kargil region and another three Nepalese labourers working near the heavily militarized Line of Control.

Another five people were killed when dozens of homes crumpled under the weight of snow in the southern Kulgam and Shopian areas on the Indian-controlled side, police officer Imtiyaz Hussain said. Pakistan's military said an avalanche killed four soldiers late Tuesday near the northern district of Astore.

THE ASSOCIATED PRESS



Unusually heavy snowfall has unleashed avalanches in Kashmir.
THE ASSOCIATED PRESS



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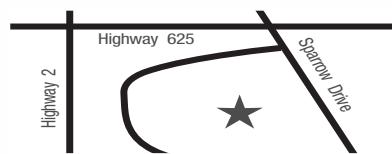
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Think house prices are crazy? You're wrong, says expert

Devil's advocate.

Economist argues current house prices are fairly valued, or even undervalued

A new report into Canada's hot housing market is trying to calm fears of a coming collapse in prices, saying the biggest threat to home valuations may be government meddling with mortgage rules.

The paper by economist Will Dunning, who runs a real-estate market research firm in Toronto, says Canadians have been mostly prudent investors in housing and that the market can absorb either higher prices or a

Begs to differ

- The Bank of Canada and our government have warned about an overheated housing market for several years, arguing that once interest rates start rising, the roof will cave in for some home buyers.
- The Organization for Economic Co-operation and Development has also pointed to Canada as having the world's most overvalued housing market.

one per cent hike in interest rates.

Rather than being overvalued, house prices in Canada are fairly valued and may even be undervalued,

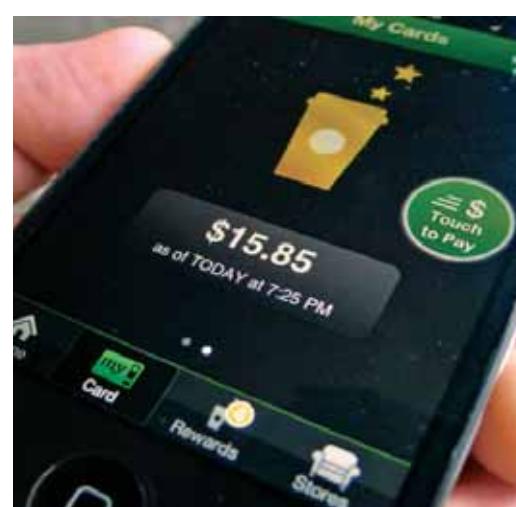
he says.

The paper was released Wednesday on the same day the Teranet-National Bank composite price index rose to a new all-time high, showing home prices in Canada increased 0.3 per cent in February.

Last year, the OECD declared Canada's housing market the "most over-valued" in the world after noting that the price-to-rent ratio — which compares the total cost of ownership against renting a similar property — had ballooned to 88 per cent above the historic average.

Dunning says the problem with the assessment is that the Paris-based organization used faulty data to reach its conclusion on both the price and rent side.

THE CANADIAN PRESS



Bye tip jar, hi tip app

A Starbucks payment app is shown on a smartphone. The coffee chain will soon let customers leave tips with its mobile-payment app. The mobile tipping option will be available on its updated app for iPhones starting March 19. The rollout comes as the company's app has surged in popularity, with roughly one out of every 10 purchases now made with a mobile device. After paying with the app, Starbucks says customers will be able to leave a tip of 50 cents US, \$1 US or \$2 US any time within two hours of the transaction. The tipping option will only be available at the 7,000 of the roughly 11,000 Starbucks locations in the U.S. that are owned by the company. GRAEME ROY/THE CANADIAN PRESS/THE ASSOCIATED PRESS

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Is Herbalife a pyramid scheme? The FTC in the U.S. is looking to find out

Hedge fund manager Bill Ackman has won a round in his 15-month fight against supplements and weight-loss products maker Herbalife. The direct seller's shares tumbled Wednesday after Herbalife revealed that it is being investigated by the Federal Trade Commission for possible "deceptive practices."

Since December 2012 Ackman has spent millions waging a public campaign against Herbalife and building up an army of lobbyists, community organizers and members of Congress to push regulators to investigate what he calls a "pyramid scheme," which makes most of its money by recruiting new

Online

For more on Herbalife's controversial business model, read "Health products company or pyramid scheme?" on metronews.ca



salespeople rather than on the products they sell. It is a charge that Herbalife has repeatedly denied.

Ackman holds a whopping \$1-billion US "short" position in Herbalife, meaning he's bet that the company's stock will drop and profits when it does. THE ASSOCIATED PRESS



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Credit Karma

Will Google's latest investment bring good karma?

Google is betting that good things will happen to Credit Karma, an online service that provides consumers with free copies of the credit scores that define their financial reputations.

Credit Karma is getting Google Inc.'s endorsement and expertise as part of an \$85-million US investment announced Wednesday.

About half of the money is coming from Google Capital, the Internet company's recently created vehicle for investing in maturing startups. The remaining funds are being provided by Tiger Global and two of Credit Karma's earlier investors — Rabbitt Capital and Susquehanna Growth Equity. THE ASSOCIATED PRESS

Tim Berners-Lee

World Wide Web creator calls for digital bill of rights

The British inventor of the World Wide Web wants a digital bill of rights to protect Internet users from surveillance.

Speaking Wednesday, on the 25th anniversary of his creation, Tim Berners-Lee says he hopes to spark a global conversation about the need to defend principles that have made the Web successful.

He told the Guardian newspaper that the Web was under increasing attack by governments and corporate interests.

THE ASSOCIATED PRESS

Market Minute



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What does it mean to be a bachelor?

I've always considered myself a bachelor, from the tip of my cowlick to the bottom of my mismatched socks. Yet I've had a girlfriend for months now.

Must I turn in my bachelor's card? Am I something else now?

I refuse to believe that. To me, bachelorhood is so much more than whether I'm dating. What would that mean for my lack of cooking, my avoidance of cleaning my apartment, my inability to plan?

I'm not just the person I date; I'm all the things I don't do, too.

Being a bachelor is a state of mind. Some might argue that state of mind is "lazy jackass," but you can be a very nice bachelor, no matter what TV's *The Bachelor* might teach us.

It's about being comfortable with who we are. It's about accepting that we will always screw up the laundry, the date, the meal. Because if we didn't accept it with a grin, we'd go mad.

While ruminating on this definition of bachelor, it occurred to me that there are many bachelorhood terms and slang that



HE SAYS
John Mazerolle
metronews.ca

help define the world we live in. I then created a list of definitions so that you might understand me and my people.

Earning Your Bachelor's Degree: A Bachelorhood Glossary

Bache-lor: Superhero known for his Blu-ray vision, imperviousness to mould, and ability to read entire Calvin and Hobbes collections during a single toilet sitting.

Bachelor-hood: A community within a city that has curbside garbage comprised of at least 90 per cent pizza boxes.

Bachelor party:

1) Four or more bachelors on one couch playing Xbox.

2) A party for an engaged man whose friends attempt to show him the worst, most abusive time possible, often in preparation for what his marriage will be like.

Bachelor shower:

1) Applying deodorant or cologne in lieu of a shower.

2) Taking an actual shower for approximately 40 minutes until the water runs cold and the bathroom is steamier than a Shannon Tweed VHS intro.

Bathroom: Room for building online-dating photo portfolio.

Bed-making: Something done once, usually with an Allen key.

Bedroom: Walk-in hamper.

Carpet: Bache-lor's greatest enemy, absorber of stains and hurler of vicious static electricity.

Confirmed bachelor: Guy you can clearly see is wearing two different socks.

Diet: Only using half the icing on a Toaster Strudel.

Home cooking: Take-out from any restaurant within 500 metres of where you live.

Kitchen: Hallway to garbage can.

Muffin top: The laundry at the top of the hamper that pours out of the top and gets washed repeatedly, as opposed to the Muffin stem of clothes that sits at the bottom of the hamper for all eternity.

Snow (also 'base' or 'wacky dust'): Street slang for Carnation Instant Breakfast Powder Drink Mix.

Spring cleaning: Taking the Slinky into the shower.

And that's my small window into the world of the bachelor, whether he's single or not. Speaking of which: If you see my girlfriend, tell her I've been thinking about her while I work on my definition.

ZOOM

Getting to the heart of it



ANDERS PERSSON/WELLCOME IMAGES

Anatomical image scan wins top award

A striking image of a mechanical heart pump inside the patient's chest has been named as the overall winner of the Wellcome Image Awards 2014, a leading competition for medical photography. The picture was captured by Anders Persson, a pioneer in using colour 3D images from scans in clinical practice. METRO

Judge's corner

"The juxtaposition of delicate human anatomy with the robust mechanical plumbing parts is dramatic, and the image is rendered so vividly in 3D that it appears to jump out at the viewer."

BBC medical correspondent Fergus Walsh

DIY it

- The Swedish scientist used a new scan type known as dual energy computed tomography (DECT) angiography: A patient is scanned with two sources of X-rays at different energies.

The Internet turned 25 this week, and we can thank its inventions for the existence of certain words we use daily.

Here is a list of the best words the Internet has given humankind.

Avatar

In computing terms, an avatar is a graphical representation of a user's alter ego, usually used in virtual world games or Internet forums.

Trolling

This is Internet slang to describe a person who tries to upset people online, by posting inflammatory or off-topic messages on forums or websites to deliberately provoke other web readers' emotions.



@metropicks asked: The web turned 25 March 12. It allows us to binge watch, over share and shop easily. But how has it made our lives more difficult?

@AjokeDare: I always feel like somebody's watching me

@Zaedium: It makes us realize much our everyday lives suck compared to most. #justsaying #imsoboring

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IRENE KUAN
Metro Online

goo·gle

/'googəl/

verb

1. search for information about (someone or something) using a search engine Google.

"I recently googled my 7th grade teacher."

SCREENGRAB

Meme

In Internet talk, a meme is something that has been built upon or manipulated that spreads from person to person online. Some memes have gone viral on sites like Reddit, 4Chan and Facebook.

Hashtag

A hashtag is a word or phrase prefixed with a hash symbol (#). It is often used for social media or microblogging sites like Twitter and Instagram.

@deefontein: Yes, the paradox of choice at its finest. IE. Spending hours scrolling Netflix choices & watching 0.

@speirs: Pre-Web, I'd mend a wound. Now, I consult Inernet for med advice, but become overwhelmed, so let it fester & wait for something to fall off

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Large is in charge: First-time director shakes things up



Krista Kwarok, Julian Stamer, Christine Lesiak and Adam Keefe star in Canadian premiere of *The Spider or the Fly*. COURTESY ST. ALBERT THEATRE TROUPE

The Spider or the Fly.
One-time St. Albert Theatre Troupe actress has decided to try something new with a murder mystery



JENNIFER LARAWAY
Jennifer Laraway
edmonton@metronews.ca

Louise Large isn't scared. She's not letting her directorial debut with the St. Albert Theatre Troupe stop her from taking chances.

After acting with the com-

pany last year, she was invited to direct. "I had a variety of plays to choose from. Most had a large history behind them and some had been turned into movies," she explains.

"The Spider or the Fly stood out because it was something I had never heard of before. We did some research and discovered this will actually be a Canadian premiere. I like the idea of taking a new play and putting my stamp on it."

The Spider or the Fly is a twisted murder mystery that explores a surprising connection between two couples. The play is a new genre for the St. Albert The-

atre Troupe, which is typically known for romantic comedies.

"I thought if we are taking the risk, let's go all the way," says Large. "I like challenging the audience with something they have never seen before, while trying to be respectful of the established Troupe palette."

"I hope we are showing them something that will surprise them and even make them uncomfortable so when they leave they look at each other and say, 'That was good.'"

With the stakes set high, Large took another unconventional step when it came to casting.

"It was an interesting process. We were able to get a new mix between Troupe loyal actors, regular city performers as well as new people looking to make their mark," added Large.

The eclectic cast is complemented by new technical elements.

"This production is a real game changer for the company. They are so industrious in terms of building their own sets from scratch, but on a technical level they have done shows that have been a lights up, lights down situation."

We have original sound we composed by ourselves plus a huge element of lighting to bring out ele-

Details

- Trio.** *The Spider or the Fly* is running only three shows from March 13-15 at the Kismen Korral Hall (47 Riel Dr.) in St. Albert.

- Admission.** \$25 regular with discounts for seniors/students.

- Tickets.** Purchase them online at stalberttheatre.com.

- Starting time.** 8 p.m. nightly.

ments of the space. Navigating those challenges has been inspiring."

2
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No Bad Words from Jason Bateman

Directorial debut.

Perpetual nice guy actor talks about the good parts of starring in a film he directs

 **NED EHRBAR**
Metro World News in Hollywood

For his directorial debut, Jason Bateman puts some pretty terrible words in his mouth as Guy Trilby, a grown-up spelling bee contestant making life difficult for his tween-aged competitors with some truly withering insults. That coarseness was something Bateman didn't want to shy away from.

"No one needs to see another PG spelling bee movie. We've seen those," he says with a laugh.

"Or another heartwarming tale about an adult befriending a child or vice versa. There's a bunch of great movies that have done that and I didn't want to do another one of those."

Luckily Bateman had an ace in the hole to avoid things getting too dark: himself.

Known more for playing the nice guy, Bateman as an actor has a decent amount of goodwill built up with audiences on which to rely.

"I wasn't afraid about pushing the envelope as far as possible because I knew that I'd be playing the character, and I was somewhat confident that I would be able to play him in a way where you would excuse his behaviour," Bateman says.

"Or at least I knew that would be a nice challenge for me. I don't know whether I hit the target, it's not for me to say."

"But I do like that I was increasing my odds."

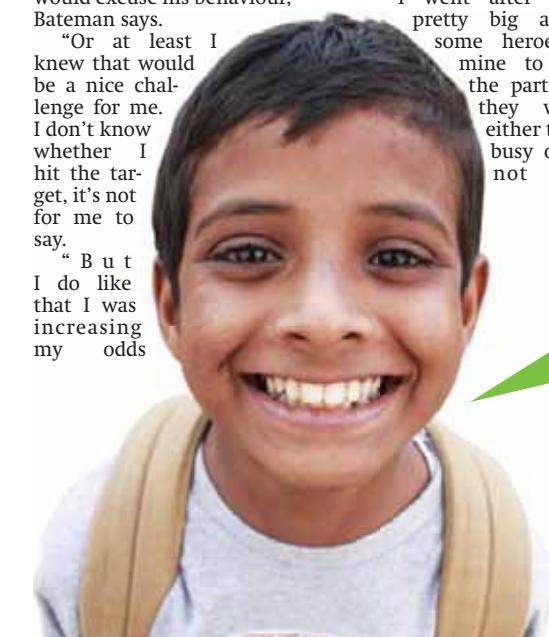


Jason Bateman directs and stars in *Bad Words*, which opens next Friday. CONTRIBUTED

Quoted

"You have no idea how long it takes sometimes for a director and an actor to get on the same page while the whole crew waits before you can roll."

Jason Bateman on the positives of directing yourself in a film.



interested," he admits. "Then I thought, maybe I should play the

part because it's actually going to end up being a little easier. For better or worse, every single take is going to be exactly the way that I want it."

"I went after some pretty big actors, some heroes of mine to play the part, and they were either too busy or not

I always make sure to go to school on days my mentor is coming.

ally you can sit there [at the monitor] and you can know exactly what you're getting as you're getting it. I didn't have that perspective, so I wasn't able to see that," he says.

"We had to adjust our process a little bit where we would rehearse a lot more with my stand-in in there so I could see what the camera was seeing. Then once I was satisfied that everybody was doing it the way I thought that it needed to be done, then I went in front of the camera."

"And then after a couple of takes I would go and watch playback. If you watch every take in playback, by definition you've doubled your time in the day, so I couldn't do that. I had to be judicious with that."



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Neil Young takes on iPod with Pono

SXSW. Canadian rock titan touts his upcoming iPod rival with a heartfelt plea for music as its creators want it heard

Neil Young might have come to South by Southwest flogging a product like everyone else, but at least he flogged it passionately.

The 68-year-old expat-Canadian rock legend spoke before a packed event hall at the Austin Convention Centre on the cusp between the SXSW Interactive conference and the SXSW music festival ostensibly to plug the high-fidelity Pono music device he's been threatening us with for nearly three years now. It's now aimed for an October release with an expected retail price of \$399.

Really, though, his speech was a heartfelt plea for a return to proper audio fidelity in an age where music has been squashed dynamically, chopped into bite-sized form



Neil Young speaking at the SXSW 2014 Music Festival in Austin, Texas, Tuesday. JAY JANNER/THE ASSOCIATED PRESS

and cheapened as a recorded commodity by the dominant MP3 format.

All the audience got were some projected stock pictures of the gadget and couple more that Young briefly waved from his pockets onstage — for the record, the Pono looks rather like a second-generation iPod Nano thickened out into a stand-up, triangular shape.

However, if the thing does what Young says it does, it could be the portable digital player that audiophiles have been yearning for years.

He certainly managed to rally a list of rock royals that included Bruce Springsteen, Jack White, Dave Grohl, Arcade Fire, Duane Eddy and many others to provide awed video testimony of the system's power in a reel that ran midway through his session.

The proof will come, as they say, in the pudding, and if you'd like to get your fingers in that pudding, there's a Kickstarter campaign that, by Wednesday morning, had already surpassed its \$800,000 goal — in under 24 hours — by more

than \$500,000.

For now, though, Young's quest to bring vinyl-quality sound to a generation of music consumers accustomed to listening to thin MP3 files through laptop speakers and earbuds "that look like lozenges," as he put it, seems heartfelt, even if he's got a tough battle ahead of him in unseating the iPod as the dominant portable music machine.

"If it's a success or it isn't a success, music wins," he said. "Because it's available. It's free-

dom of choice."

Whether or not Pono delivers what it promises — which is to play back audio files at the studio-quality resolution the artist originally intended, up to and including a whopping 9,216 kilobits per second versus the iTunes/industry standard of 256 kbps — one could at least feel the ache in Young's voice when he talked about how kids being raised in the digital age aren't properly "nourished" by three-



dimensional sound.

"The human body is so sensitive ... when it sees great art, it feels good. (So) with

our music, we were deprived and we started getting very little, a minuscule 1/20th of what we listened to."

In a roundabout way, Young conceded that the Pono and its accompanying iTunes-esque delivery service might be strictly for the serious audiophile.

But with Pono, he promised, "you get to feel not just what the artist intended you to feel" and — if the original recordings warrant it — it'll make your car or your headphones "sound like God." **TORSTAR NEWS SERVICE**

CBS

Three more years for Big Bang

CBS says it's renewing its hit comedy *The Big Bang Theory* for three more years. The three-year deal would carry TV's most-watched sitcom through the 2016-2017 season.

The *Big Bang Theory* premiered in September 2007 and has been a ratings smash for virtually its entire run. It has averaged nearly 20 million viewers each week this season.

THE ASSOCIATED PRESS

'Reality-ish television'

Alan Thicke series coming to Slice

Canadian actor Alan Thicke returns to TV in April as a real-life dad. The former star of *Growing Pains*, in which he played patriarch Dr. Jason Seaver, will debut *Unusually Thicke* on April 16 at 10 p.m. on Slice.

The show will focus on Thicke, 67, his wife Tanya, described as "a Bolivian beauty who's nearly half his age," and his three sons: "a teenager, a pop star and a marijuana dispenser."

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Behind 50 Shades' mystery man

Since being cast in the film adaptation of *Fifty Shades of Grey*, Jamie Dornan, who plays the S&M-loving billionaire Christian Grey, has largely stayed out of the public eye.

Aside from being spotted on the streets of Vancouver while filming the movie, the 31-year-old Dornan hasn't walked any red carpets or really talked about the role.

He did tweet on Jan. 1 from

his official account, "looking forward to 2015," which hinted at the film's scheduled release next February. (That tweet was retweeted more than 5,000 times.)

This aura of mystery surrounding Dornan is a good thing, says Marcia Gay Harden, who plays his character's mother in the film.

"I think the point is to have somebody mysterious because

if you have somebody with too much pedigree to them ... you can't stop thinking about the pedigree. You just can't. It's almost impossible in a film to do that. ... I think that would be very hard to do for that role, so I think it's good that he's a bit of a mystery."

Dornan had a recurring role on ABC's *Once Upon a Time* and starred in the Irish TV drama series *The Fall* as

a serial killer who targets women. The show was renewed for a second season.

"He's chiseled beauty and the camera eats it up," said Gay Harden. He's an Irish boy. ... A U.K.-based actor who has done a bit of film. He just had a baby (with wife Amelia Warner). ... He's a sweet guy. He does surfing. He sings little Irish ditties occasionally."

THE ASSOCIATED PRESS



Jamie Dornan has been keeping it low-profile since he was cast as billionaire S&M connoisseur Christian Grey. **GOTTY IMAGES FILE**



Angelina Jolie PHOTOS: GETTY IMAGES

Six kids later, Angelina Jolie is finally taking up cooking

With six kids at home, it might come as a surprise to learn that Angelina Jolie is only now learning how to cook, but there you go. "Angelina took her first cooking class last year. Her lack of cooking abilities was really getting to her, but she's finding cooking has become a great therapeutic exercise," a source tells Radar Online. "Angelina gets a kick out of feeding her kids herself and loves the creative side of it, although she admits she's

not quite at that stage where she's confident enough to go 'off recipe' and experiment. But she's working on getting there." So where does a globe-trotting Oscar winner go for cooking lessons? Why, to Munawar Hosain, a member of the Hollywood Foreign Press Association, who has reportedly been giving Jolie regular lessons in preparing Indian dishes at his Beverly Hills home. "Angelina absolutely loves the hands-on instruction," the source says.

Chris Pine to face drunk driving charges in NZ

Chris Pine, known for playing Captain Kirk in the Star Trek movies, has been charged with drunken driving in New Zealand. The 33-year-old American is due to make his first court appearance in the case on Monday, court officials said Wednesday. New Zealand Police said in a statement that a 33-year-old American was charged March 1 with driving

with a blood-alcohol level over the legal limit, which in New Zealand is .08 per cent. Police did not name the man, but said he was stopped during a routine early-morning check near the South Island town of Methven. Pine has been in New Zealand filming the movie *Z* for Zachariah, which is due for release next year.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



A glimpse into Lohan's little black book

MELINDA TAUB

Metro World News in New York

Max George. Heath Ledger. Jamie Dornan. Zac Efron. Justin Timberlake.

All these and more are notches in Lindsay Lohan's bedpost, according to *In Touch*. Reportedly, Lindsay was hanging out with some friends at the Beverly Hills Hotel on Jan. 30 when she grabbed a pen and started jotting down names — most of whom were very famous and very handsome. "It was her personal conquest list," says a witness. "She was trying to impress her friends with the list and then tossed it aside."

Apparently, in between stints in jail and rehab, Lindsay found plenty of

time for amour. The list, which contains at least 36 names, also includes such celebs as J. Phoenix (Joaquin, is that you?), Lukas Haas, Evan Peters, Wilmer Valderrama, Colin Farrell, James Franco, Adam Levine and Garret Hedlund.

I have my doubts about this. Lindsay has mostly been a mess these last few years; it doesn't seem likely that she could have kept these high-status hookups this quiet for this long. (You don't think she would have drunkenly screamed "I hit that" whenever a Justin Timberlake song came on in the club? Because I would have.)

I hope it's true, though, because first of all you go, girl; second of all, almost half the list is blurred out, which suggests there are even bigger, more scandalous hookups on there that we have yet to learn about.



Naomi Campbell

Done with the diva life? Naomi Campbell wants to be a mom

Naomi Campbell is ready to be a mom, and she doesn't mind going it alone. "I do want to have children, whether I have a man or not. I will have it on my own," the supermodel told designer Diane von Furstenberg during a SiriusXM Radio chat recently. Camp-

bell, who broke up with billionaire Vladimir Doronin nearly a year ago, also revealed she was infertile until very recently. "I was not able to have children up until March," she said. "Now it's in God's hands. I would love to have a family."



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Good people are hard to come on.



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Watching wedding dances on YouTube for three hours is healthy right?



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She's got unblurred ambition

You know she wants this. Model and actress Emily Ratajkowski chats about balancing her silver screen acting ambitions with putting money in the bank

RICHARD PECKETT
Metro World News

You'll know Emily Ratajkowski as the bodacious beauty from Robin Thicke's *Blurred Lines* video. She's all nubile flirtation — no top, nude panties, white sneakers and rouged lips temptingly parted — meets wide-eyed pseudo-innocence, playfully skipping and bouncing to the beat.

We watched, gyrated and leered. It was the music world's *Fifty Shades of Grey*, dividing opinion over its social acceptability: ban it versus give me more. The polarization of opinion is irrelevant; although we all had something to say on the subject, it brought one girl originally cast as a back-up dancer to the fore.

That said, the line between Ratajkowski's current image as sexpot eye candy is at odds with her "Martin Scorsese" acting ambitions. She intends to blur the boundaries between two incongruous worlds through what she refers to as "balance" between the commercial (read: cash-paying) roles and creative career-progressing endeavors.

She has a clear mission statement, but it's one that could be difficult to implement when you consider that she's a YouTube beauty to the tune of more than 276 million views, and now surely commands considerable buck to boogie. It will depend on the success of her upcoming role in direc-



Don't be fooled by her fawn-like appearance. Behind the big brown eyes and ditzy dancing is a girl who, in her words, "is looking to surprise people."

ADAM KATZ SINDING/GETTY IMAGES

Hey, hey, hey!

"For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

tor David Fincher's *Gone Girl* as to whether Ratajkowski can escape that lucrative but vapid music video dance sphere.

Initially, the 22-year-old was reluctant to be cast in the video.

"Naked girls dancing around in a music video sounded pretty intense and I didn't want to be pigeonholed as a music video girl after shooting with Maroon 5 in *Love Somebody*," she says.

The tough and the topless

The model and her family have the final word on the controversial Ratajkowski (pronounced 'rat-a-COW-ski' — the 'j' is silent) phenomenon.

- When asked what her mother, a feminist and English professor, thought of the *Blurred Lines* video, she replies, "She thinks it's beautiful and important for women to embrace their sexuality."
- Ratajkowski describes the word feminist as "testy", saying, "People connect a lot of strange things to that word. In general, I really love women and I want them to be treated equally." She continues: "I think some people have a problem with a model, who's done nude work, using the word feminist but I have no problems with saying it."

could strike discord with Hollywood directors. But as she rightly points out on being cast as Ben Affleck's mistress Andie in *Gone Girl*, due out this October: "When you're working with director David Fincher [The Social Network, 2010, and The Girl With The Dragon Tattoo, 2011] people definitely do take you seriously." She adds: "I'm doing Sports Illustrated but I'm also appearing in the Spanish fashion magazine S Moda. For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

Of course, the pigeonholing might well be something that she has to contend with for the meantime. However, it makes sense for her to make the break from being desktop dance star to silver screen sensation in order to certify her as a serious acting talent. "I want to establish myself [in the industry] and there are a few things that'll be announced in the next few months that will balance everything out," she says.

The modeling profession wasn't always receptive to Ratajkowski's plans to break into acting — a dream she's had since childhood.

"I told an agency in New York my goals and they said it was only a select group of girls that have that opportunity," she explains.

The timing of the Fincher film might be fortuitous but it seems doubtful that this is the case of a pretty wallflower seizing her 15 minutes of fame.

For her part, Ratajkowski makes it sound like she's always had a career game plan and it doesn't involve selling out for questionable success.

"Throughout my childhood I acted, so it was always something I felt passionate about — I just really didn't want to play the mean girl in high school or the cheerleader," she says.

Trends Report



Wouldn't you love a dress that could slim out your silhouette? Go online to Trends Report to see the Chanel outfit actress Keira Knightley wore at a Paris fashion show this month that had the media buzzing about her ultra slim waist.

- Online. Follow Irene on Twitter at @Metrolrenek or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images



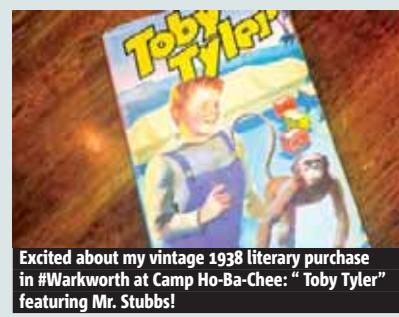
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5 mistakes that can ruin your reno

Get your house in order.

Avoid these renovation pitfalls to save time, money and your sanity



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

1. Not knowing your resale timeline

Is the space you are renovating a limited investment or will you be living in this home for the rest of your life? That influences the amount of time, customization and money you should spend.

A first-time purchaser of a studio-sized condo will most likely only live in it for two to five years before they sell up, so spending a lot of money on things they can't take with them is not a smart idea. A family with school-age children will most likely settle in a home for five to 10 years before thinking of reselling.

For places you will own short-term, spending less than 10 per cent of your home's value on renovations will ensure a good return on the investment. I suggest spending your money on quality items you can take with you to your next place.

If you plan on staying in one spot for a long time, invest in renovations that help you enjoy the space: Bathrooms, kitchens, family rooms or backyard landscaping are great areas to consider renovating.

2. Hiring a contractor who hasn't worked locally

Hiring a professional contractor who has worked in your local neighbourhood has many advantages:

- It will be easy for you to check references.
- The contractor is familiar with your municipal laws for noise, parking, obtaining permits, etc.
- They know where to grab lunch, shortcuts for driving and local hardware shops for those last-minute items when completing a job.

Always get at least two quotes for the work needed to be done and call at least two references. Always visit at least one reference place (and not the contractor's own home).

3. Not being forthcoming about budgets

When it comes to money, homeowners (and contractors and trades) lose their ability to talk openly about how much is available and how much is needed. Home-

owners think if they disclose their budget, the contractor will use it all and then want more. Contractors think if they commit to a price too early that they will not make any money.

Agree upfront on the budget and work in a bonus for the contractor if they come in on time or spend under the estimated amount.

Always have 20 per cent extra saved for additional upgrades and unforeseen costs and ask for a fixed-cost budget from your contractor. This will ensure that the agreed-upon job is completed before the contractor is fully paid.

4. Forgetting about closets and lighting

Two areas often forgotten about in a renovation are a proper lighting plan and well-outfitted closets. A contractor often waits for the homeowner to plan this and homeowners assume its the job of the contractor.

As soon as the closets are drawn on the floor plan, you should start considering how they will be used and what you will need inside of each closet (shelving, rods, lights, drawers, etc.).

Knowing the style, size and weight of each lighting source will allow your contractor to plan your lighting

scheme with an electrician. Having the 150 pound chandelier on-hand is the best way to plan on how to wire and hang it.

5. Taking advice from too many people

Quite often homeowners are excited about their upcoming project and tell everyone, resulting in opinions from too many people. This will only drive your support team crazy!

You should find one friend who has been through a similar renovation and stick with them

as a sounding board. Between yourself, your friend, designer and contractor you will have enough expertise to get

the job done. Remember: There can be too many chefs in a kitchen. Thank your uncle, doctor, workmate or distant cousin for their input, but take it all with a grain of salt.



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Pottery Barn Kids' Butterfly Art Cable is one temporary way to display children's art. POTTERY BARN KIDS/THE ASSOCIATED PRESS

It's a conundrum many parents face: What to do with the steady flow of drawings, paintings and collages that children bring home from school and camp? Which are the keepers and — besides sticking them up on the refrigerator with magnets — how can you display them creatively?

Children's art absolutely has a place in home decor and can add a welcome personal touch, said Esther Sadowsky, owner of Charm & Whimsy, an interior design firm in Jersey City, N.J.

"Sometimes my jaw drops when I see the work of my customers' children," she said. "Children's art displayed in a house — it's a home then."

has a painting she made as a 12-year-old hanging in her own living room.

and projects until they make something they like better.

Clip art in a frame

Jeffry Cudlin, a professor of curatorial studies and practice at Maryland Institute College of Art in Baltimore, uses binder clips to hang his son's art in an ornate frame that usually hangs in his dining room; the clips mean he can rotate different pieces through the frame.

THE ASSOCIATED PRESS

Arrange art in groupings

She suggests displaying kids' works in art groupings. She often lays out the pieces on the floor so she can visualize how they fit together. "You can make a beautiful arrangement," said Sadowsky, who



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Discover Irish flavours as you sip green beer

Lamb Chops with Parsley and Mint Sauce

St. Paddy's Day is coming up, so get in the kitchen and try this classic dish

"A parsley and mint sauce is an easy way of adding flavour to lamb chops," writes

Ingredients

- 8-12 lamb loin chops
- 4 tbsp extra virgin olive oil
- Salt and freshly ground black pepper
- Parsley and Mint Sauce**
- Handful of mint leaves
- 2 handfuls of parsley leaves
- 2 tbsp capers, drained and rinsed
- 8 tinned anchovies
- 6 tbsp extra virgin olive oil
- 2-4 tbsp freshly squeezed lemon juice
- Salt and freshly ground black pepper

Rachel Allen in Rachel's Irish Family Food.

"The anchovies give the sauce a wonderful depth that works particularly well with lamb and doesn't taste at all fishy. The mint and parsley bring freshness while the capers give the sauce their own particularly punchy flavour."

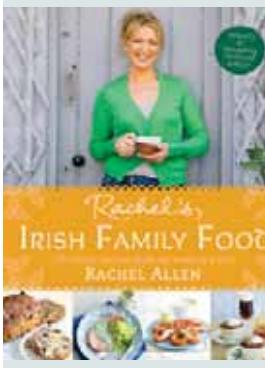
"You can make the sauce ahead and it will keep in a jar for up to two weeks in the fridge. Do take it out of the fridge about half an hour or so before serving, to give the flavours a chance to wake up."

"The sauce would also be an excellent accompaniment to grilled steak, roast chicken, or pan-fried mackerel."

1. To make the sauce, combine the herbs, capers, anchovies, olive oil and 2 tablespoons of the lemon juice in a food processor. Whiz for a minute, then add salt and pepper or more lemon juice to taste. If you don't have a food processor

Cookbook of the Week

From Ireland to your kitchen



you can chop everything finely by hand and mix together.

2. Place a frying pan or griddle pan over high heat. While it is heating, drizzle the lamb chops with the olive oil and season with salt

Ireland's bestselling cookbook authors. In Rachel's Irish Family Food, she shares 120 authentic recipes.

A healthy mix of traditional and modern Irish cooking, the book also contains stories, history and insights into Irish life from across all the counties of the country.

Among the recipes in this book are: Kinoith Pork Casserole, Irish Stew, Irish Sunday Roast, Sauerkraut Buttered Cabbage, Pea and Spring Onion Champ, Turkey and Ham Potato Pie, Iris Coffee Cups and more.

METRO

TOTAL TIME
15 MINUTES



This recipe serves four to six. PHOTOS FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)

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EDMONTON JOURNAL

Side. Minted fava beans



This recipe serves two to four people.

"The mint here brings its fresh taste, which goes great with the beans, although you can just as easily serve them with parsley or no herbs at all," writes Rachel Allen in Rachel's Irish Family Food.

1. Bring a large saucepan of water to a boil with 1 teaspoon of salt. Add the beans, bring back to a boil and cook for 2-3 minutes if fresh, or 5-6 minutes if frozen. Drain well. Once cool enough to handle, pop the beans out of their skins.

2. Melt the butter in a small saucepan over medium heat.

When the butter is frothing, add the beans and toss for 30-60 seconds to warm through. Add the mint, tossing it with the beans, and season well with salt and pepper. Spoon into a bowl and serve immediately.

Ingredients

- Salt and freshly ground black pepper
- 18 oz (500 g) podded fresh or frozen fava beans
- 2 tbsp (25 g) butter
- 4 tbsp (50 g) coarsely chopped mint

For your phone

Kitchen Stories (iPad; free)



MIND THE APP

Kris Abel
@RealKrisAbel
life@metronews.ca

Striking a healthy balance between free and paid content, this beautifully instructional video cookbook offers weekly updates and includes a no-bake lasagna, halibut in thyme milk, and crostini variations.



Let's not make a deal

JAYS
"We weren't going to force a deal and do things we really didn't believe in just to make a splash."

Blue Jays GM Alex Anthopoulos addressing the lack of moves he has made since the end of last season. Ervin Santana, a pitcher the Jays were reportedly close to signing, was acquired by the Braves on Wednesday.

NHL

Operation bumped up for Peverley

Rich Peverley will not play again this season after the Dallas Stars forward collapsed on the bench during a game Monday.

One of Peverley's doctors said at a news conference Wednesday that the 31-year-old will undergo a procedure that was originally planned for after the season. He was diagnosed with an irregular heartbeat in training camp.

Dr. Robert Dimeff said Peverley's playing status beyond this season is unknown.

THE ASSOCIATED PRESS

NBA

Lakers shut down Kobe for the rest of the season

Kobe Bryant won't be back on the court for the Los Angeles Lakers this season.

Bryant's broken bone in his left knee still hasn't healed enough for weight-bearing exercise.

THE ASSOCIATED PRESS



The Stampeders' Cordarro Law sacks Eskimos quarterback Mike Reilly in Calgary on Sept. 2, 2013. Reilly hopes his off-season weight gain will pay off in 2014. GETTY IMAGES FILE



Brian McKeever and his guide Graham Nishikawa win the gold medal in the men's visually impaired one-kilometre sprint at the 2014 Paralympic Winter Games on Wednesday in Sochi. MATTHEW MURNAGHAN/CANADIAN PARALYMPIC COMMITTEE/TORSTAR NEWS SERVICE

Downed but never out of it



Cross-country skiing.

McKeever recovers from a fall to win his second gold medal of the Paralympics

skier, led by guide Graham Nishikawa of Whitehorse, caught up to the pack to win the men's visually impaired sprint at the Sochi Paralympics on Wednesday.

It's McKeever's second gold of the 2014 Games and the 12th medal of his illustrious Paralympic career. The 34-year-old also won gold in the 20-kilometre event on Monday.

The two Canadians easily advanced to the final where a Russian skier stepped on McKeever's pole, causing him to crash around the 200-metre mark of the one-kilometre race.

Awaiting a silver medal

Meanwhile, alpine sit-skier Kimberly Joines of Rossland, B.C., finished second in the women's slalom, although the results are still unofficial after a German skier appealed her disqualification from the first run. A decision is expected Thursday morning.

But McKeever scrambled to his feet and, with the help of Nishikawa, caught up to the rest of the pack.

"It wouldn't be right for me to tell you what I said in my head, but once the cuss words were out, the only thing you can do is get back up and race," said McKeever. "I thought we were clear, but that is normal and it happens in sprinting when you are all fighting and tight. Everyone is going flat out. It is intense and everyone is at their limit. We are just fortunate it happened in the first 200 metres and not at the end so we had time to catch up."

Canada has eight medals (two gold, two silver, four bronze) and sits third in the overall tally. THE CANADIAN PRESS

Reilly hopes bigger is better

His body healed from all the punishing hits he took last season, bulked-up quarterback Mike Reilly returned to Edmonton this week excited and confident that 2014 will be a much better year for the Eskimos.

"I started workouts about two weeks into the off-season," the 29-year-old said at an early-morning availability session Wednesday. "The plan was to bulk up, to get to 225, 230 (pounds), which is where I was at in 2011 and I felt good at that playing weight. That's

where I am now."

The six-foot-three Reilly started last season — his first as a starter in the CFL — at 215 pounds and was down to about 205 by the end of the season that saw the Eskimos finish a dismal 4-14. He took the vast majority of the 60 quarterback sacks the team gave up.

He stopped hurting a couple of weeks after the season ended and immediately began plans to bulk up.

"I think the weight is an advantage, as long as I can still move, which I can," he said.

"I made sure the weight I've gained has been in the right way and the athleticism hasn't been lost so I feel good about it."

"In the pocket if you weigh more it takes more of a hit to knock you off your path. If you stay in the pocket you get bumped and pushed around a little bit while you're trying to make a throw downfield and I think it will help me in the pocket and make me more durable. Last year I started 18 games and that's hard to do and it's my goal this year as well." THE CANADIAN PRESS

4
SPORTS

NHL. Jets continue to veer off playoff path in shootout loss to Canucks

Chris Higgins had the only goal in the shootout as the Vancouver Canucks handed the Winnipeg Jets their fifth straight loss with a 3-2 victory on Wednesday night.

Higgins did some quick stick-handling on his way toward Jets goalie Ondrej Pavelec and flipped the puck by him after the netminder went down.

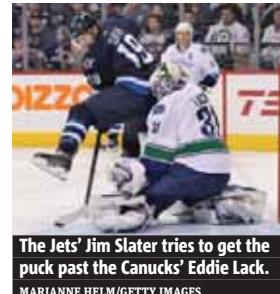
Vancouver (30-28-10) is now 2-4-1 in its last seven games.

The game was a big improvement for the Canucks, who collapsed on Monday and gave up seven goals in the third period in a 7-4 loss to the New York Islanders.

The Jets (30-28-9) are 0-2-3 in their last five.

Alexandre Burrows, with the first and second goals of his injury-marred season, tied the game 2-2 at 11:17 of the third period.

Jets winger Evander Kane got a penalty shot midway through the third after Christopher Tanev grabbed him on the way to the net, but his high



The Jets' Jim Slater tries to get the puck past the Canucks' Eddie Lack.
MARIANNE HELM/GETTY IMAGES

On Wednesday

3

Canucks

2

Jets

shot over Lack's glove missed the net.

Pavelec stopped 30 of the 32 shots, while Eddie Lack made 31 saves for Vancouver.

THE CANADIAN PRESS

BNP Paribas Open

Raonic delivers 15 aces vs. Murray

Canada's Milos Raonic used his big serve to earn a 4-6, 7-5, 6-3 victory over Andy Murray in the fourth round of the BNP Paribas Open on Wednesday.

Raonic fired 15 aces and held triple match point when he ripped a cross-court forehand to close out the win after breaking Murray three times in the final set.

Raonic advanced to the quarter-finals.

THE ASSOCIATED PRESS

Cyprus Cup soccer

Canadian women finish 5th in Cyprus

It wasn't the result he wanted but John Herdman was pretty happy about how Canada finished the Cyprus Cup women's soccer tournament.

Diana Matheson and Sophie Schmidt scored second-half goals as Canada rallied for a 2-1 win over Ireland to secure fifth place. It marked the first time in six years the Canadians hadn't reached the tournament final.

THE CANADIAN PRESS

Oil enforcer's impact felt off the stat sheet



THE HOCKEY NEWS
Ryan Kennedy
edmonton@metronews.ca

Fighting has long been a hot-button issue in hockey and recently the specific role of Oilers enforcer Luke Gazdic has been called into question by local bloggers. The concern, of course, is that Gazdic does not help the team win hockey games, and I'm not going to go against the stats and research that back up that assertion.

But I will champion Gazdic in another way. Simply put, he's the rare Edmonton player who can be considered successful this season. Sure, Taylor Hall is producing at more than a point-per-game

clip, while Ben Scrivens has provided some dazzling heroics in net, but Gazdic has been one of the best pugilists in the NHL. According to web authority Hockeyfights.com, Gazdic has been the winner in nine of his 13 bouts this season, while facing off against top competition such as Brian McGrattan, Tom Sestito and Shawn Thornton. The sheer number of fights Gazdic has engaged in ranks among the league leaders; he's tied with Nashville's Rich Clune for second overall behind Washington Capitals rookie Tom Wilson.

Is fighting an integral part of the game? Depends on who you ask. The players will say yes, as will the majority of fans (based on a recent poll by The Hockey News). The majority

In the trenches

Does Gazdic help the Oilers score more goals than they give up? Maybe not, but I guarantee you the boys in the dressing room appreciate his efforts when he drops the gloves in their honour.

of the media will tell you no, though I myself am in the pro-fighting camp. My reasons are more visceral than intellectual; I find it exciting when tensions boil over in a game and even if "staged fights" seem to fly in the face of that logic, I still do want to see who

wins.

Yes, there are inherent health risks in fighting, but the enforcers know this (Krys Barch of the Florida Panthers is particularly passionate about this subject) and still choose to throw down. In their minds, the millions of dollars they accumulate in salary over the years is well worth it.

Does Gazdic help the Oilers score more goals than they give up? Maybe not, but I guarantee you the boys in the dressing room appreciate his efforts when he drops the gloves in their honour. And for a team that has seen more than its fair share of losses and setbacks this season, it's good to know they have one of the best in the NHL at something this season.



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Horoscopes

Aries

March 21 - April 20

The future is not bleak, no matter what some pessimists say. In fact it is exceedingly bright and you are in the right place at the right time to take advantage of all the good things that will be coming.

Taurus

April 21 - May 21

It's OK if you want to shut yourself off from the world and be alone with your thoughts for a while. Others may think you are behaving strangely but only because they are insensitive.

Gemini

May 22 - June 21

No matter how go-getting and ambitious a Gemini you may be, there are times when even you must slow down and take time to smell the flowers along the way. Like right now.

Cancer

June 22 - July 23

If you recently did something wrong then learn from it what you can, then put it behind you and move on. You'll make mistakes tomorrow too, of course, but your successes will far outnumber them.

Leo

July 24 - Aug. 23

If you don't want to do something then leave it. Others may moan that you should be making an effort but they're wrong. You should work only on things that interest you.

Virgo

Aug. 24 - Sept. 23

Today's Sun-Saturn link will encourage you to get serious about career prospects. Map out how you see your ambitions unfolding over the next six months — and who you can rely on for support.

Libra

Sept. 24 - Oct. 23

Your sixth sense tells you that something drastic is going to happen. But what some people see as a disaster over the next 24 hours, you will see as a golden opportunity.

Scorpio

Oct. 24 - Nov. 22

Saturn in your sign, linked to the Sun in Pisces, urges you to take life at a slower pace. What you achieve over the next 24 hours or the next 24 years, will not be determined by speed but staying power.

Sagittarius

Nov. 23 - Dec. 21

Don't waste time lamenting what might have been. Sagittarius is a Fire sign, which among other things means you should always be looking forward to the next adventure.

Capricorn

Dec. 22 - Jan. 20

You may not understand how and why certain events had to happen but you can see there is no point being negative. While others complain today, you will make the most of the changes.

Aquarius

Jan. 21 - Feb. 19

There is always an answer, even to the most difficult of questions, so don't lose heart if your existence isn't easy. Despite what some choose to believe life is, was and always will be a garden of delights.

Pisces

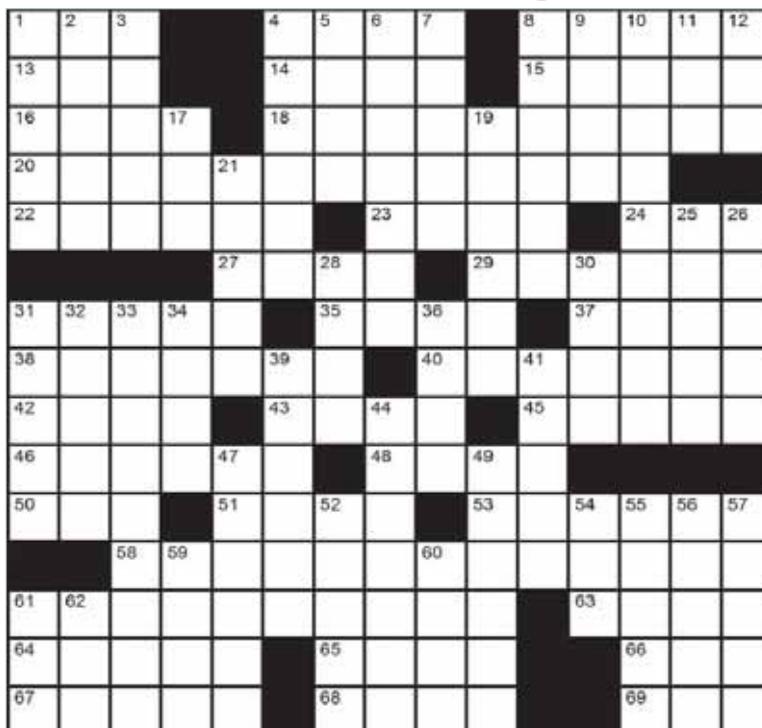
Feb. 20 - March 20

The Sun in your sign is protecting you from harm and with Saturn on your side as well today it's as if you have some kind of force field around keeping negative ideas, and negative people, at bay. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Kitty's rival
4. Creme Creme connection: 2 mots
8. Eminem's mentor: 2 wds.
13. Flight schedule acronym
14. City near Provo, Utah
15. Baseball great Hank
16. Slangy affirmatives
18. Trapeze-fallers catchers: 2 wds.
20. Creators of Quebec cheese Oka in 1893 in a Cistercian Abbey: 2 wds.
22. Calgary's motto on its city crest
23. Crossword rendering of an owl couple peering out
24. ___ Na Na
27. Paul McCartney's 1995 radio show, ___ Joobu
29. ___ - ___ garage
31. "Rolie ___ Olie"
35. Gas or elec., e.g.
37. "Diana" (2013) character
38. "Disco Inferno" by The ___
40. Modernize
42. Shreds
43. Prefix to 'dermic' (Syringe sort)
45. Prayers' last words
46. Oxygen-dependent being
48. Canadian musician



Mr. Kim
50. Chairman Mao's military gr.
51. Bldg. planner
53. "All ___!" (Train call)
58. Randy Jackson's role on "American Idol": 2 wds.
61. Shakespearean

tragedy about a General of Rome
63. Unaccompanied
64. ___ Building (NYC's mecca of '50/60s songwriting)
65. Foul
66. Race the engine
67. War horse
68. "Be ___!" (Help

out!)
69. Saskatoon's airport code
Down
1. Banff National Park:
___ Glacier
2. Sean Penn movie, ___ (1997)
3. Banana/custard

tasting fruit [var. sp.]
4. Square Dancing call
5. Ages
6. Omitted: 2 wds.
7. Write ___ (Do office work)
8. Any ___ (Tomorrow, perhaps?)
9. Position
10. 'No jeans' policy:

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	8	3	7	4	1	9	2	5
1	2	4	6	5	9	3	7	8
7	5	9	3	2	8	6	1	4
9	7	5	1	3	2	4	8	6
2	4	1	9	8	6	7	5	3
3	6	8	4	7	5	1	9	2
4	3	2	8	9	7	5	6	1
5	1	7	2	6	4	8	3	9
8	9	6	5	1	3	2	4	7

7	8		4	9	6			6
2	4	1				8		
							7	8
2							7	8
							5	7
4							1	2
							7	9
3							4	5
							5	8

Weather

TODAY



MAX: 4°
MIN: -1°

FRIDAY



MAX: 2°
MIN: -5°

SATURDAY



MAX: 2°
MIN: -2°



MICHELE MCDOUGALL
WEATHER SPECIALIST

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See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

2 wds.
11. Moulder
12. Nav. designation
17. Facials-getting site
19. Play the flute
21. Preamble
25. Actor, Thomas ___ Church
26. Botanical casings
28. Overly ornate
30. Basketball's Lamar
31. Sink's plumbing fitting, ___
32. Bay window
33. Portage ___ Manitoba
34. Cream's " ___ Glad"
36. Music's ___ & Wine
39. Carbolic acid
41. 1994 Oasis album: 'Definitely ___'
44. Soup ingredient
47. Look!
49. ___ in distress
52. Tropical fruit
54. Some film roles, Walk-
55. 'Affirm' suffix (Giving assent)
56. Watch brand
57. Celine Dion song: "I ___ All Night"
59. Cairo's river
60. ___ Varner, Lee Remick's role in "The Long, Hot Summer" (1958)
61. TV network
62. Food scrap



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